

THE ANGER SERIES

# Companion Guide

*5 Weeks of Exercises for Understanding  
and Rewiring Your Anger*

By Coach Agenna  
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This guide is designed to be used alongside the 5-part Anger Series blog at [coachagenna.com](http://coachagenna.com). Each week's exercises correspond to one blog post. Read the post first, then do the exercises.

*"You are valuable beyond measure. When you heal, you change the world... beyond measure."*

## How to Use This Guide

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This workbook is your private space. No one will read it but you. There are no right answers. There is no grade. The only goal is honesty.

**Structure:** Five weeks, one per blog post. Each week includes a brief recap of the key concept, reflection questions for journaling, a practical exercise to try during the week, a daily awareness practice, and space to write.

**Pacing:** One week per section is ideal. But if you need to sit with a section longer, do that. Healing is not a race. There is no deadline.

**Honesty over performance:** Your inner critic may show up while you're doing these exercises. It may tell you you're doing it wrong, not going deep enough, or that this won't work. Notice that voice. It's part of the process. Don't fight it. Just keep writing.

**Safety:** Some of these exercises may surface difficult memories or intense emotions. That is normal and expected. If at any point you feel overwhelmed, pause. Breathe. You can come back to this. And if you need support, please reach out to a counselor, coach, or trusted person.

**National Suicide Prevention Lifeline: 988**  
**Crisis Text Line: Text HELLO to 741741**

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W E E K 1

# The Bodyguard

*Paired with: Anger Is the Bodyguard, Not the Boss*

## Key Concept

Anger is a secondary emotion. It's the bodyguard standing in front of the thing you're actually feeling — shame, fear, rejection, loneliness, or inadequacy. Your brain reaches for anger because those other emotions feel unbearable. This week, you'll start noticing the pattern.

### Exercise 1: Anger Awareness Log

This week, track three moments when anger showed up. For each one, answer these questions:

#### Moment 1

*What happened?*

*On a scale of 1–10, how intense was the anger?*

*What did you feel in the split second BEFORE the anger?*

- Shame
- Fear
- Rejection
- Loneliness
- Inadequacy
- Embarrassment
- Grief / Loss
- I'm not sure yet

#### Moment 2

*What happened?*

*On a scale of 1–10, how intense was the anger?*

*What did you feel in the split second BEFORE the anger?*

- Shame
- Fear
- Rejection
- Loneliness
- Inadequacy
- Embarrassment
- Grief / Loss
- I'm not sure yet

### **Moment 3**

*What happened?*

*On a scale of 1–10, how intense was the anger?*

*What did you feel in the split second BEFORE the anger?*

- Shame
- Fear
- Rejection
- Loneliness
- Inadequacy
- Embarrassment
- Grief / Loss
- I'm not sure yet

### **Exercise 2: Beneath the Anger**

Pick the most intense moment from your log. Now go deeper:

*If anger is the bodyguard, what was it protecting?*

*What would it have felt like to stay with the original emotion instead of switching to anger?*

*What are you most afraid of feeling?*

### **Exercise 3: Body Scan**

The next time anger shows up, pause and scan your body before reacting. Where do you feel it?

- Jaw clenching
- Chest tightening
- Stomach dropping
- Hands clenching
- Heat rising in face/neck
- Shallow breathing
- Other: \_\_\_\_\_

These are your early warning signals. Learning to recognize them gives you a few extra seconds before the bodyguard takes over.

### **Daily Practice**

*“Each evening, ask yourself: Did anger show up today? What was it standing in front of?”*

You don't have to write it down every time. Just ask the question. Awareness is the first step.

W E E K 2

# The Trade

*Paired with: Why Does Anger Feel So Good?*

## Key Concept

Anger feels good because your brain rewards it. Adrenaline, cortisol, norepinephrine, and dopamine flood your system, creating a surge of energy, focus, and a false sense of control. Your brain is literally trading vulnerability for power. This week, you'll learn to catch the trade in real time.

### Exercise 1: The Surge Timeline

Think of a recent anger episode. Now map the timeline:

*The trigger: What happened?*

*The first feeling (before anger): What was the real emotion?*

*The surge: Describe what anger felt like in your body. Did it feel powerful? Clarifying? Energizing?*

*The aftermath: How did you feel 30 minutes later? An hour later?*

*The cost: What did the anger cost you in that moment?*

### Exercise 2: The Cost-Benefit Inventory

Be honest. What does anger give you? What does it take?

WHAT ANGER GIVES ME	WHAT ANGER COSTS ME

### Exercise 3: The 30-Second Sit

This week, when you feel anger surge, try this:

1. Name the real feeling out loud: “I’m not angry. I’m \_\_\_\_\_.”
2. Sit with that feeling for 30 seconds. Don’t fix it. Don’t argue with it. Just feel it.
3. Notice: Did the anger decrease, even slightly, when you named the real thing?

*“Thirty seconds of real feeling is more transformative than thirty minutes of managed fury.”*

### Daily Practice

Each day, complete this sentence once: “Today, my brain tried to trade \_\_\_\_\_ for anger.”

W E E K 3

# The Critic

*Paired with: Your Inner Critic and Anger*

## Key Concept

If anger is the bodyguard, your inner critic is the one who hired it. The critic enforces a rulebook written in childhood – rules designed to keep you safe in an environment you no longer live in. The cycle: critic triggers shame, shame triggers anger, anger finds a target. This week, you'll identify your rulebook and begin relieving the critic of duty.

### Exercise 1: Name the Rule

Think of the last time anger showed up fast and hot. Rewind to the moment before the anger. What did your inner critic say?

*The situation:*

*What the critic said (the voice in your head right before the anger):*

*The rule it was enforcing (e.g., "Don't show weakness," "Be perfect," "Don't trust anyone"):*

*Who taught you that rule? Where did it come from?*

*Was it true then?*

*Is it true now?*

### Exercise 2: The Rulebook Audit

List the top rules your inner critic enforces. Be specific. Then evaluate each one.

THE RULE	WHO WROTE IT	STILL TRUE?	WHAT IT COSTS ME

### Exercise 3: “I’ve Got It From Here”

This is a practice, not a one-time event. When the critic speaks this week, respond:

*“Thank you. I know you were trying to protect me. I know you learned these rules because they kept me safe once. But I’m not that kid anymore. I’ve got it from here.”*

Write it on a sticky note. Put it on your mirror. Say it out loud when you need to. Track how many times you use it this week:

MON	TUE	WED	THU	FRI	SAT	SUN

### Daily Practice

Each day, notice the critic’s voice at least once. You don’t have to respond perfectly. Just notice it and ask:  
*Is this a rule or a fact?*

W E E K 4

# The Cycle

*Paired with: Why Do I Keep Going Back to Anger?*

## Key Concept

Anger protects your identity, not just your feelings. When something threatens who you believe you are — your competence, your role, your worth — your brain treats it as a survival-level event. The full cycle: identity threat → critic → shame → anger → reaction → guilt → repeat. Willpower can't break it. A different foundation can.

### Exercise 1: Identity Anchors Map

What have you built your identity on? These are the things that, when threatened, send you straight to anger. Check the ones that apply:

- My competence at work
- My role as a parent
- My role as a spouse/partner
- My reputation
- My intelligence
- Being right
- Being in control
- Being needed
- Being respected
- My appearance / body
- My financial success
- My faith / spiritual identity
- Other: \_\_\_\_\_

*My top 3 identity anchors:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*For each one, ask: If I lost this, who would I be?*

## Exercise 2: Disproportionate Reaction Log

This week, notice when your anger is bigger than the situation warrants. That's the signal that identity — not the event — is under threat.

### Situation 1

*What happened:*

*How big was my anger (1–10):*

*How big was the actual event (1–10):*

*What identity anchor was threatened:*

### Situation 2

*What happened:*

*How big was my anger (1–10):*

*How big was the actual event (1–10):*

*What identity anchor was threatened:*

### Situation 3

*What happened:*

*How big was my anger (1–10):*

*How big was the actual event (1–10):*

*What identity anchor was threatened:*

### Exercise 3: Foundation Audit

If every external validator disappeared tomorrow — your job title, your role, your reputation, people's opinions of you — what would remain?

*What would you want to remain?*

### Daily Practice

Each day, when anger rises, ask: *What did that moment threaten about who I believe I am?*

W E E K 5

# The Foundation

*Paired with: What Does the Bible Say About Anger?*

## Key Concept

Psychology names the pattern. Faith offers an identity that doesn't need a bodyguard. Paul described the anger cycle in Romans 7. Ephesians 4:26 doesn't forbid anger — it assumes it. The goal isn't to never feel angry. It's to become a person whose anger doesn't run the show. That requires a foundation built on something that can't be threatened.

### Exercise 1: The Gap Practice

Psalm 103:8 says God is “slow to anger.” Slow — not anger-free. The goal is building the gap between trigger and response. This week, practice expanding the gap:

**Step 1:** When anger rises, take one breath before speaking.

**Step 2:** In that breath, ask: What am I actually feeling?

**Step 3:** Choose a response instead of a reaction.

Track your gap practice this week:

MON	TUE	WED	THU	FRI	SAT	SUN

### Exercise 2: Scripture Reflection

Sit with each verse for a few minutes. Don't analyze. Just notice what surfaces.

#### Romans 7:15

*“I do not do the good I want to do, but the evil I do not want to do — this I keep on doing.”*

*Where do you see yourself in this verse?*

#### Ephesians 4:26

*“In your anger do not sin. Do not let the sun go down while you are still angry.”*

*What changes when you read this as permission to feel anger rather than prohibition?*

**Psalm 103:8**

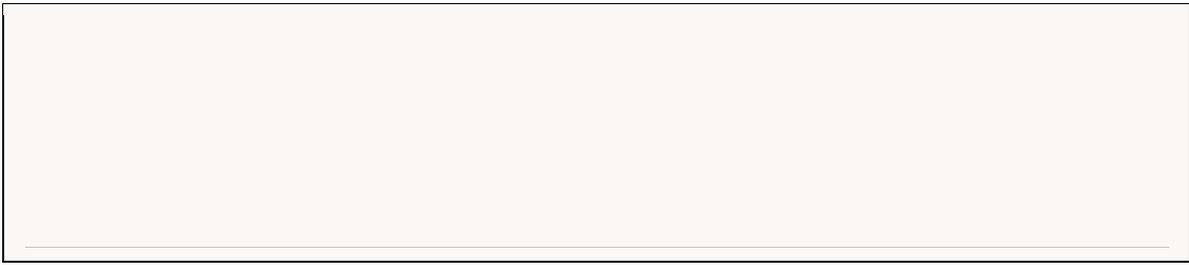
*“The Lord is compassionate and gracious, slow to anger, abounding in love.”*

*What would “slow to anger” look like in your life this week?*

**Exercise 3: Letter to Your Anger**

Write a letter to your anger. Not to destroy it. Not to shame it. To acknowledge what it did for you and to begin releasing it.

*Dear Anger,*



### Daily Practice

*“Each morning, remind yourself: My worth is not up for debate today.”*

## Weekly Tracker

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Use this page to track your progress across all five weeks. Check off what you completed each week. No perfection required — just honesty.

### **Week 1: The Bodyguard**

- Read the blog post
- Completed Exercise 1
- Completed Exercise 2
- Completed Exercise 3
- Practiced daily awareness

*One thing I noticed this week:*

### **Week 2: The Trade**

- Read the blog post
- Completed Exercise 1
- Completed Exercise 2
- Completed Exercise 3
- Practiced daily awareness

*One thing I noticed this week:*

### **Week 3: The Critic**

- Read the blog post
- Completed Exercise 1
- Completed Exercise 2
- Completed Exercise 3
- Practiced daily awareness

*One thing I noticed this week:*

### **Week 4: The Cycle**

- Read the blog post
- Completed Exercise 1
- Completed Exercise 2
- Completed Exercise 3
- Practiced daily awareness

*One thing I noticed this week:*

## **Week 5: The Foundation**

- Read the blog post
- Completed Exercise 1
- Completed Exercise 2
- Completed Exercise 3
- Practiced daily awareness

*One thing I noticed this week:*

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## You Did the Work.

If you've made it through all five weeks, you've done something most people never do.

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### Ready for the Next Step?

Book a free discovery call at [coachagenna.com](https://coachagenna.com)

*You shouldn't have to do this alone. With coaching, you won't.*

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If you're healing from trauma and want to do it privately, on your own terms:

### ***Healing What Hides in the Shadows***

*A Private Journey Through Sexual Trauma Recovery*

Available on Amazon | [healingwhathidesintheshadows.com](https://healingwhathidesintheshadows.com)

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